

Thank you BBC Children in Need for our wonderful grant !

We are delighted to announce that BBC Children in Need have awarded The Family Haven with a three—year grant of £75,000 to support our work with vulnerable children and their families.

The funding covers all aspects of our services from the salaries of a Nursery Practitioner and the Family Support team, to the provision of meals.

The clients supported by this project are affected by a range of environmental risk factors such as:

- Single parenthood
- Family poverty
- Domestic violence
- Functional homelessness

They often struggle with low educational attainment, poor mental health, substance misuse and involvement in criminal activity which results in poor parenting. Around 25% of our parents suffer with poor mental health including severe anxiety, depression, OCD, PTSD and self—harm.

The project will benefit 60—80 families per year with the following expected outcomes:

- Increased coping strategies to be more resilient
- Improving concentration
- Improving family relationships

The Centre Manager, Lucy Pearce said: “ We are so grateful to BBC Children in Need for funding our work over the next three years. The grant will have a positive and lasting impact on the lives of vulnerable families in Gloucestershire. A huge thank you from everyone at The Family Haven.”

Our grant from Children in Need is wonderful, but we still need to raise more than £288.000 every year to continue to provide vital support for vulnerable families in Gloucestershire. If you would like to help please **donate today**. Thank you !



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BBC
**CHILDREN
IN NEED**



**Helping vulnerable families
to a brighter future
since 1988**

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National Children's Gardening Week—27th May—4th June



The children have been getting outdoors and joining in with Gardening Week by planting flowers in tubs, pots and hanging baskets. We have been enjoying some good weather to be able to roll up sleeves and enjoy being out in the garden even more.

We have introduced more flowers in particular this year. As some groups have already been growing cress from seed and others potted up daffodil bulbs as Mother's Day gifts.

We enrich their understanding of growing flowers from bulbs and going through a cycle of change. Taking turns to plant, to feel the soil and smell it, with wondering eyes as there can be insects that peer back at them. Where the children see plants, we see opportunities to teach math, through measurement, opposites, counting and weighing. We can bring the understanding of our world to each child.

Some children planted sunflowers into one of the beds. We will measure these weekly and look at the measurements.



Children can get so absorbed in planting and watering, they tend not to think of the end product as that takes time. We show the children the enjoyment of the whole process.

We were particularly lucky (well, the children thought so) to have a few friendly snails that appeared during the gardening sessions. This was a fascinating experience. We took the opportunity to explore more about the snails, from the hard shell, to the slimy trail they leave behind. They were very well looked after, mostly by the pre-school children. We kept them safe from any harm!



Even the youngest children were able to experience a sense of the outdoors by enjoying a closer look at the wonders of nature. This particular snail was lucky enough to be sang to!

Happy gardening everyone!

Fundraising Events

In the last few weeks, we've attended some exciting events in aid of The Family Haven.

Golf day

Prosser Knowles invited the Family Haven to their annual client Golf Day for the second year running in June and what a great day it was. The company hosted a 'Beat the Pro Event' with financial advisors Jon, Alex and Dale challenging the clients to beat them. Everyone paid a donation to enter the competition which raised a fantastic total of £590.



Cotswold Caper

We had a wonderful time attending the Cotswold Caper event in July hosted by the Gloucestershire MG Owners Club in July. Over 90 MG owners from across the UK took part in the event, starting at Cheltenham Tigers Rugby Football Club and driving a route of 82 miles around the Cotswolds.

A huge thank you to the Gloucestershire MG Owners Club for choosing us as your chosen charity for the year and to all the members who supported us. All the money raised will be used to continue our breakfast club for the vulnerable families who attend the day centre.

If you'd like organise an event or talk through some of your fundraising ideas please email fundraising@thefamilyhaven.com or call 01452 528692

Eid Celebrations 2023



We had a wonderful day celebrating Eid with our families. The preparations started the week before as we made Eid decorations. One of the families brought in some beautifully gift boxed treats for all of the children to take home with them.

On the morning of our Eid party, Claire and Helen decorated the garden, transforming it to a glittering and sparkling party venue.

The children came in to play, some were very excited that we were having a party, talking about it and wondering when it would start. The children played happily with the different activities. All of the children cut out and decorated star biscuits ready for the party or to take home.

Later in the morning, more families and children who attend on different days joined us. It was lovely to see all of the children making new friends. The children had a brief lunch in the nursery before heading out to the sunny garden for an afternoon of celebration.

Our parents had brought in a variety of food to share; the dining tables were full of tempting savoury and sweet treats (wonderful for those of us with a sweet tooth!)

The garden was full of life, with decorations, beautiful coloured outfits, the sounds of children playing, the chattering and laughter of the families and staff and the background music, which gave a party feel to the afternoon. It was wonderful to see so many families enjoying themselves



We had one more visitor left to arrive (well two really), the chatter in the garden changed to a gasp and cheer when Baylee (from the Baby room) and her baby Ira came to join the party. We were all so pleased to see her and it was clear that the children and families had missed her.

The bubble machine proved a hit for the children as the bubbles blew far and wide in the sunshine. The dancing, eating and laughing continued into the afternoon, for two of our younger children a sleep was required, the playhouse became a makeshift sleep room and the children slept as the celebrations continued.

As the party drew to a close there was a lovely feel of having shared in something special. We are already looking forwards to next year's party!

Final exams with Betaris



We teamed up with Betaris, a part of Gloucestershire College to offer our families English and Maths classes at our centre. These were free classes tailored to the varied needs of our families. With many of our mums not having had any formal education in their home country they have to learn everything from scratch. The other barriers to education our families face is that with many courses, there is no provision for crèche for younger children, meaning that they cannot access the training.

The classes began in March and ran weekly in term time. The parents took their final exam in July and I am pleased to say that they all passed with flying colours. We are all so proud of their achievements and thank the tutors at Betaris for all of their hard work and support.

King's Coronation

The nursery was so excited to begin the King's Coronation celebrations, we had lots of activities going on all week leading up to our Coronation party day. The Coronation of his Majesty The King and her Majesty The Queen Consort brought with it lots of discussions surrounding the Royal families; where they all lived, what did they live in and did they all have dogs! We looked at lots of pictures to enable each child to gain the understanding of what role the Royal Family has in our country and our community (having been visited by Her Royal Highness, The Princess Royal in June 1998).

Practitioners had begun getting prepared for the party; some made salt-dough in the shape of crowns, others cut out flags and crowns along with preparing arts and craft for the day.



The children were invited to dress up if they wished, we had lots of princess dresses and King's guard outfits if they wished to change during the day. The nursery and garden were both strewn with union jack bunting and balloons. Our cook, Katren kindly organised a lovely afternoon tea for everyone to eat. We played light music, appropriate to the theme of the celebration. Introducing the children to classical music as well as the National Anthem.



The children enjoyed colouring and building a large cardboard castle, which brought with it lots of cheer and frustration when it wouldn't stand up, probably due to the amount of guards inside!



We set up a teddy bears tea party as part of the activities. Children enjoyed pretending along with their teddies to have tea, which again supported language development and social skills.

Healthy Eating



Healthy Eating sessions have run throughout the last few weeks with Katren our cook beginning the sessions with a fun quiz on food hygiene. The clients learnt some 'best practice' procedures to keep them and their children safe when cooking. Katren followed the quiz with a practical activity of cooking foods such as breakfast bars. They were all fully engaged in the activities and joined in with the discussions.

The clients who attended were also given a food thermometer to help them check the temperature of their food.

Quote of the Month

"Life is abundant, and life is beautiful. And it's a good place that we're all in, you know, on this earth, if we take care of it." "Keep your head high, keep your chin up, and most importantly, keep smiling, because life's a beautiful thing and there's so much to smile about."

Leave a Legacy



Imagine the difference you can make

Did you know that legacies are a vital source of income for charities? To find out more about leaving a gift in your will we have a page on our website with information we hope is useful:

www.thefamilyhaven.com/how-you-can-help/leave-a-legacy/

When you "Leave a Legacy", you're enriching the lives of other people and supporting and sustaining charitable work for future generations

Why become a Friend? As a Friend of The Family Haven, you will be supporting the Trustees and staff in helping provide the services our families so desperately need. Your regular subscriptions and offers of voluntary help are invaluable and support us in delivering our aims.

Call 01452 422971 for an application form or

Download it from <http://bit.ly/YtnESd>



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